

# The Green Pharmacy James A Duke

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[The Green Pharmacy Herbal Handbook](#) James A. Duke 2000 Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

[CRC Handbook of Medicinal Spices](#) James A. Duke 2002-09-27 "Let food be your medicine, medicine your food."-Hippocrates, 2400 B.C.When the "Father of Medicine" uttered those famous words, spices were as important for medicine, embalming, preserving food, and masking bad odors as they were for more mundane culinary matters. Author James A.

Duke predicts that spices such as capsicum, cinnamon, garlic, ginger

**The Green Pharmacy** James A. Duke 1998-07-15 Written by a pioneer in the field of herbal medicine, an accurate and expansive medical reference guide examines a wide range of herbs and explains how to use them as remedies for common diseases and conditions. Reprint.

[Herbal Healing for Women](#) Rosemary Gladstar 2017-04-18 Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, [Herbal Healing for Women](#) explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a

woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs - preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

[Dr. Duke's Essential Herbs](#) James A. Duke, Ph.D. 2001-10-14 Combining the most powerful natural substances. Dr. Duke has created a "cocktail" for heart disease that may well have the calcium channel-blocking punch of a leading pharmaceutical--and without the side effects. Do you legs ache after standing? Are you bothered by hemorrhoids? Do you think there's no help for varicose veins? Dr. Duke tells you about horse chestnut capsules--and the ancillary herb that may further enhance their performance. Alcohol, Hepatitis C, environmental toxins, and other serious attacks on your liver now have an astonishing first line of defense in milk

thistle. Don't get rid of your dog, but do add saw palmetto, which helps avert prostate problems, may keep your hair from thinning, and boosts both sexes' libido. Dr. Duke compares it to the widely prescribed alternative--and you can judge which lands firmly in the plus column.

**Prominent Families of New York** Lyman Horace Weeks 1898

*Living Liqueurs* James A. Duke 1987

*Inner Bridges* Fritz Frederick Smith 1986

**The Male Herbal** James Green 2011-03-02 In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

**Handbook of Medicinal Herbs** James A. Duke 1985 Catalog of herbs; Medicinal herbs: toxicity ranking and pricelist; Toxins: their toxicity and distribution in plant genera; Higher plant genera and their toxins;

Pharmacologically active phytochemicals; Proximate analyses of conventional plant foods.

**The Green Pharmacy Anti-Aging Prescriptions** James A. Duke, PhD

2001-05-11 Provides guidelines on how to prevent and alleviate the signs and symptoms of aging, introducing a variety of herbs, nutritional supplements, and diet tips to help cope with illnesses associated with aging.

**The Herbal Handbook** David Hoffmann 1998-02-01 Well-respected herbalist

David Hoffmann's comprehensive and practical guide to herbal medicine. •

Discusses the history and modern practice of herbalism, including

Chinese, Native American, and Welsh influences. • Includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses. • Covers the fundamentals of growing, drying, storing, and cooking with herbs. • Over 45,000 copies

of previous edition sold. This compendium of medical herbalism by one of

the most eminent herbalists practicing today is both comprehensive and practical. Answering basic as well as complicated questions about herbal

medicine, it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills. A discussion of

the history and modern practice of herbalism, encompassing the influences of Welsh, Chinese, and Native American herbal medicine is followed by a

practical reference section that lists the various actions herbs have on the body (carminative, anti-inflammatory, etc.), with examples of herbs and their mode of activity in each category. Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced. A final section covers the fundamentals of growing, drying storing and cooking with herbs, as well as the making of infusions, decoctions, oils, and ointments. The author also provides helpful introductions to aromatherapy and plant medicines.

**Handbook of Medicinal Herbs, Second Edition** James A. Duke 2002-06-27

Still considered the definitive work on medicinal herbs and their uses after two decades, the Handbook of Medicinal Herbs has undergone a long-anticipated revision. In the second edition, world-renowned ethnobotanist James A. Duke provides up-to-date data on over 800 of the world's most important medicinal plant species. The book contains more species,

phytochemicals, proven indications, folk indications, and dosage data than the first edition in a new easier to use format. The in-depth content, the addition of color plates and over 200 black and white illustrations makes this book the most comprehensive resource on medicinal herbs available.

NEW IN THE SECOND EDITION: · Over 100 color plates, 4 color maps ·

Over 200 black and white illustrations · Over 800 medicinal plants – more than twice as many as the previous edition organized alphabetically by

common name · More herbs from the African, Ayurvedic, Chinese, and Jamu traditions EASY ACCESS TO INFORMATION YOU NEED Designed to give you fast access to the information you need on a regular basis, this new edition is organized more systematically than any other medicinal herb publication. The entries are now arranged alphabetically by common name with the scientific name in parenthesis. Major synonyms are also provided. · It has become increasingly clear that there are hundreds of biologically active compounds, often additive or synergistic, in all our plants, foods, spices, herbs, medicinal, and poisonous plants. The debate continues on how these plants work and how they should be used. Blending scientific fact with folk uses and the author's personal experience, Handbook of Medicinal Herbs, Second Edition provides the most well rounded discussions of safety, efficacy, toxicity, and rational use found in any herbal reference.

**Ginseng** James A. Duke 1989

*Ask Dr. Weil* Andrew Weil 1998 The doctor talks about everything from heart disease and depression to natural remedies and hormone treatments

**Green Pharmacy** Barbara Van der Zee 1981

**Rosemary Gladstar's Herbal Recipes for Vibrant Health** Rosemary Gladstar 2015-10-01 Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for

everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

[The Herbal Medicine-Maker's Handbook](#) James Green 2011-03-09 THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

*The People's Pharmacy Quick & Handy Home Remedies* Joe Graedon 2011 A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work. The core of this title is organized as Q&As between the general public and the Graedons. It contains as

much information as a voluminous encyclopedia of home remedies, yet it's quick, easy, inviting, and fun to read, with the same friendly and authoritative personality conveyed in their popular call-in radio show. The Graedons also offer a dozen new recipes for food so good for you, it serves as preventive medicine. Organized alphabetically by ailment and then, within each of those, by food or remedy. Offers the basics of three standard diets for health, weight control, and fitness, along with a dozen new recipes for preparing food to match the diets. Includes a helpful index and cross-referencing system, making the book both a good shelf reference and an entertaining browse. This book builds on the reputation of The People's Pharmacy and adds the extra value that comes from a partnership with National Geographic.

The Herbal Drugstore Linda B. White 2003-04-05 Ease Symptoms, Fight Disease, and Supercharge Immunity--All Without Drugs or Chemicals!

You're about to enter a completely different kind of drugstore. One where herbal medicines are offered right alongside conventional pharmaceuticals. Where bottles of feverfew stand next to bottles of aspirin, and echinacea has its place among other cold and flu remedies. The Herbal Drugstore is the only place where you can compare mainstream drug treatments and their herbal alternatives for close to 100 common health problems. You'll find herbs that have the same healing powers as many prescription and

over-the-counter medications--only they're cheaper and gentler, with few or no side effects. Whether you need fast first-aid or long-term relief, The Herbal Drugstore has a remedy for you. Here's just a sampling: \*

Immobilized by arthritis? Rub on capsaicin cream, a natural pain reliever made from hot peppers \* Can't sleep? Start snoozing with valerian--it's as effective as Valium, but it isn't addictive \* Want to lose a few pounds? Get a helping hand from psyllium, an herbal alternative to appetite suppressants \* Feeling stressed? Calm jangled nerves with ginseng--it won't undermine alertness \* Battling bronchitis? Clear up that cough with licorice, a natural expectorant \* Need help with high blood pressure? Turn to hawthorn--it has much in common with beta blockers, except for the side effects The Herbal Drugstore features these and many more herbal remedies--712 in all! They're profiled right next to their pharmaceutical counterparts, so you can make your own comparisons and decide which treatments are best for you.

*A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America* Steven Foster 2000 A reference to the medicinal plants and herbs of Eastern and Central North America includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

*Handbook of Medicinal Herbs* James A. Duke 2002-06-27 Still considered

the definitive work on medicinal herbs and their uses after two decades, the Handbook of Medicinal Herbs has undergone a long-anticipated revision. In the second edition, world-renowned ethnobotanist James A. Duke provides up-to-date data on over 800 of the world's most important medicinal plant species. The book contains mo

**The Encyclopedia of Edible Plants of North America** François Couplan 1998-12-02 So that we will become intimately acquainted with edible and medicinal plants.

Food--Your Miracle Medicine Jean Carper 1994-05-07 Food -- Your Miracle Medicine is the breakthrough book on food and health for the nineties. This comprehensive guide, based on more than 10,000 scientific studies, reveals how you can use the extraordinary powers of food to prevent and alleviate such common maladies as headaches and hay fever, as well as to ward off major killers, including heart disease and cancer.

Jean Carper, the bestselling author of *The Food Pharmacy*, has now translated the amazing new discoveries about the medical powers of food into practical advice and information that you can use every day to conquer disease, increase your mental energy, and live longer. A carrot a day could slash your risk of stroke by 70 percent. Ginger can stop migraine headaches and nausea. Half an avocado a day can dramatically improve your blood cholesterol. Brazil nut may improve your mood. Brazil

nuts may improve your mood. Tea helps prevent stroke, heart disease, and cancer. A food allergy may be the cause of your fatigue.

**Handbook of Edible Weeds** James A. Duke 2000-11-10 Handbook of Edible Weeds contains detailed descriptions and illustrations of 100 edible weeds, representing 100 genera of higher plant species. Some of the species are strictly American, but many are cosmopolitan weeds. Each account includes common names recognized by the Weed Science Society of America, standard Latin scientific names, uses, and distribution (geographic and ecological). Cautionary notes are included regarding the potential allergenic or other harmful properties of many of the weeds.

**Amazonian Ethnobotanical Dictionary** James A. Duke 2018-02-06 The Amazonian Ethnobotanical Dictionary presents an exciting new rainforest book, designed and conceived in the rainforest and dedicated to its preservation. The book contains concise accounts of the various uses to which prominent Amazonian plants are put by the local rainforest inhabitants. Although emphasis is placed on plant foods and forest medicines, there is also commentary on other relevant applications, including natural artifacts, house construction, natural pesticides, and ornamental and fodder plants. More than 1,000 species are covered and over 200 illustrated. An index to Spanish and English names leads to the scientific name, and the index to plants provides its medicinal application.

There are even suggestions on how to eat palm grubs and how to make an Amazonian salad dressing. All royalties from the book are donated to the Amazonian Center for Environmental Education and Research (ACEER) in order to continue its preservation of one of the world's most diverse forests.

*The Green Pharmacy* James A. Duke 1997 Presents a database of thousands of plants that can be used at home to heal everything from prostate enlargement to menopausal discomforts

*Duke's Handbook of Medicinal Plants of the Bible* James A. Duke 2007-12-26 Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these bestselling handbooks, Duke's Handbook of Medicinal Plants of the Bible covers 150 herbs that scholars speculate, based on citations, were used in Biblical times.

*Herbs of the Bible* James A. Duke 1999 Blending history, science, and folklore, an illustrated tour of biblical healing advice focuses on the fifty-two most interesting and useful plants mentioned in the Bible, discussing the traditional and scientific basis for their use.

*Body into Balance* Maria Noel Groves 2016-04-02 Silver Nautilus Book

Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems – respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more – optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

**Medicinal Plants of China** James A. Duke 1985 Plants are arranged alphabetically by scientific names. "Intended for use by biologists, chemists, and the interested layman as a guide to the Chinese medicinal plant resources and their uses." Entries give popular names, uses, chemistry, and notes. Contains drawings.

**Handbook of Phytochemical Constituent Grass, Herbs and Other Economic**

**Plants** James A. Duke 2017-12-06 CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants is a unique catalog that includes more than 15,000 phytochemical constituents from over 1,000 higher plant species. This volume covers all of the generally-recognized-as-safe (GRAS) herbs and at least 250 important food and medicinal plants. Each entry features the scientific name, one or more common names, a listing of phytochemical constituents, a single datum or range of quantitative data (wet-weight to dry-weight in parts per million), two-letter abbreviation identifying the plant part, and three-letter abbreviation(s) indicating the source(s) of the data. The extraordinary amount of data compiled into an easy-to-use tabular format makes the CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants a volume useful to all pharmacologists, toxicologists, nutritionists, pharmacognicists, and food scientists.

Nature's Pharmacy Charlotte Haigh 2021-01-12 From traditional remedies to cutting edge health advice, this is the ultimate handbook for making the most of the healing power of food. In a world of non-stop stimulation at a break-neck pace, it's never been so difficult to truly nurture our body and minds. We are constantly longing for the easiest and most efficient food tips and tricks to assimilate seamlessly into our erratic diets. But it simply does not have to be another struggle on top of an already hectic lifestyle -

Nature's Pharmacy, brimming with expert advice right at your fingertips, boasts a thorough expanse of natural remedies to help you recapture your best health and well-being. With a neatly straightforward ailment directory, each remedy offers safe and effective solutions to common sicknesses - from migraines to allergies and depression to cholesterol. Nature's Pharmacy will turn your kitchen into a natural pharmacopeia, helping you to harness our ancestor's age-old, tried-and-tested remedies and explore the health benefits of everyday ingredients such as raspberries, avocado, flaxseed and salmon. With informative introductions to 200 effective and inexpensive herbal medicines, traditional remedies and nurturing foods, self-care has never been so deliciously invigorating!

**Miracle Cures** Jean Carper 2009-10-13 From Jean Carper, America's Most Trusted Source of Cutting-Edge Nutritional Advice, the Bestselling Guide to the Dramatic Healing Powers of Herbs, Vitamins, and Other Natural Remedies Miracle Cures is the breakthrough book that presents scientific evidence of the effectiveness of natural remedies, culled from the world's leading doctors and scientists, research centers, and major international scientific journals, including the Journal of the American Medical Association and the British Medical Journal, combined with the awe-inspiring first-person medically verified accounts of people who have successfully cured themselves with natural medicines. Jean Carper

Reveals the Natural Medicines That Have Been Proven to: Lower Your Cholesterol Open up Your Arteries Regulate Your Heart Relieve Depression Overcome Anxiety Fight Sleep Problems Regenerate Your Liver Restore Your Memory

**CRC Handbook of Alternative Cash Crops** James A. Duke 1993-08-16 The CRC Handbook of Alternative Cash Crops describes 128 crop plants that can be grown as alternatives to cultivated crops, such as tobacco, and narcotic crops, such as opium poppy. Material is presented in alphabetical order by genus and species and includes information on ecology, cultivation, harvesting, economics, and biotic factors. This book will be valuable to AID agents, domestic agricultural extension agents, and soil and crop professionals worldwide.

**The Green Pharmacy Guide to Healing Foods** James A. Duke 2009-06-23 Upon its publication more than a decade ago, Dr. James Duke's *The Green Pharmacy* quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In *The Green Pharmacy Guide to Healing Foods*, Dr. Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of research to identify the most powerful healing foods on earth. Whether he is

revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor (such as sunburn and the common cold) to more serious (like arthritis and diabetes). Dr. Duke has assigned a rating to each remedy, according to his evaluation of the available scientific studies and anecdotal reports.

Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals—minus the risk (and cost).

[The Encyclopedia of Natural Medicine Third Edition](#) Michael T. Murray 2012-07-17 THE MOST COMPREHENSIVE AND PRACTICAL GUIDE AVAILABLE TO THE EXTRAORDINARY HEALING POWERS OF NATURAL MEDICINE From the world-renowned naturopathic doctors and bestselling authors of *The Encyclopedia of Healing Foods* comes the authoritative third edition of the classic reference work, revised and expanded to include the latest cutting-edge natural therapies for the most common ailments. Michael Murray and Joseph Pizzorno focus on promoting health and treating disease with nontoxic, natural therapies.

This groundbreaking book—the leader in its field—shows you how to improve your health through a positive mental attitude, a healthy lifestyle, a health-promoting diet, and supplements, along with plenty of practical

tips. Murray and Pizzorno present an evidence-based approach to wellness, based on firm scientific findings. They aim to dispel the notion that natural medicine isn't "real medicine," offering examples and studies that show the efficacy of a holistic approach to patient care. This book grounds the reader in the seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. Written in an easy-to-follow A-Z format, The Encyclopedia of Natural Medicine offers holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis, and more. Furthermore, it gives you:

- Ways to prevent disease through enhancing key body systems
- The major causes and symptoms of each condition
- The therapeutic considerations you need to be aware of
- Detailed treatment summaries that include the most effective nutritional supplements and botanical medicines

And much more

This groundbreaking text is a perfect introduction to the world of natural medicine, providing clear guidance in the use of the best natural remedies for all kinds of illnesses, big and small. The Encyclopedia of Natural Medicine is a valuable health reference and essential reading for anyone seeking to better their health. \*\*\* DID YOU KNOW? A cancer-related checkup is recommended every 3 years for people aged 20 to 40 and every year for people aged 40 or older. This exam should include health

counseling and, depending on a person's age and gender, might include examinations for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, or ovaries, as well as for some nonmalignant diseases. A high dietary intake of vitamin C has been shown to significantly reduce the risk of death from heart attacks and strokes, as well as all other causes including cancer. Many clinical and experimental studies have clearly demonstrated that stress, personality, attitude, and emotion are etiologic or contributory in suppressing the immune system as well as leading to the development of many diverse diseases. Regular exercise has been demonstrated to provide benefit to individuals with immunodeficiency diseases, particularly through stress alleviation and mood enhancement. HIV-positive individuals had increases in CD4, CD8, and natural killer (NK) cells immediately following aerobic exercise. Melatonin exerts significant anticancer effects, especially against breast cancer. Vitamin E not only improves insulin action, it also exerts a number of beneficial effects when taken at dosages ranging from 400 to 800 IU, which may aid in preventing the long-term complications of diabetes. Find out all of this and more in The Encyclopedia of Natural Medicine!

**The Lost Language of Plants** Stephen Harrod Buhner 2002 "Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating

expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

**The Healing Herbs** Michael Castleman 1995 Profiles one hundred of the most frequently used medicinal plants, tracing their history, folklore, and healing properties and offering an accessible A-to-Z encyclopedia that lists remedies for common ailments. Reprint.

**American Herbal Pharmacopoeia** Roy Upton 2016-04-19 Winner of the James A. Duke Award for Excellence in Botanical Literature Award from the American Botanical Council Compiled by the American Herbal Pharmacopoeia, this volume addresses the lack of authoritative microscopic descriptions of those medicinal plant species currently in trade. It includes an atlas providing detailed text and graphic descri